



Vol. 30 No. 15 FRIDAY, APRIL 17, 2003
RAF LAKENHEATH, UK www.lakenheath.af.mil

RAF Fairford

48th FW members support OIF

Tour in Time

Walking through history

Saving for retirement
TSP open season begins

CULTURAL LEGACIES: THE MERE AND ITS PEOPLES

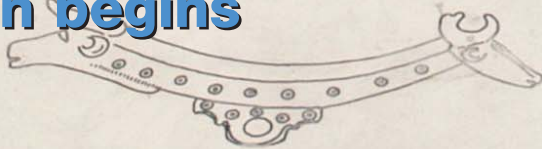
Lakenheath's pond, more commonly referred to by its name of Caudle Head Mere, has been used as a fresh water source for over 10,000 years. Since its creation following the last ice age, its fresh waters, bubbling upward through several feet of underlying chalk (the white material you can see around the pond's rim), have been providing sustenance to successive generations of modern peoples alike. The word Lakenheath, incidentally, is derived from the Anglo-Saxon word Lacingahai, meaning the landing place (Hythe or jetty) of Laca's people, since the pond covered a good portion of the fens until the 17th century.

Several excavations have been conducted near the pond since the 1940s, resulting in several significant finds. Skeletons from the Roman period were found in 1940 in the sewage works to your left. A small excavation a few yards to the left of this spot in 1992 included one burial. At the feet of the skeleton were many small iron nails, the only surviving remains of a pair of leather shoes.

Another excavation a few yards north of the pond in 1987 discovered a large, circular pit yielding Iron Age pottery (300 BC), two skeletons from the Roman period, and numerous small ditches.

These ditches probably separated buildings, vegetable plots, and small fields within the Roman village.

But perhaps the most interesting item found proved to be an exceptionally fine boat-shaped bronze cosmetic grinder. About 125mm (5 inches) long, the grinder bore the heads of a bull and a stag indicating Romano-Celtic influence.



COSMETIC GRINDER

This grinder was found on the base. It is 125mm (5 inches) long and has a bull's head and a deer's head at the ends.



The cosmetic grinder was used to crush small amounts of ingredients, similar to a pestle and mortar. The trough in the top of the grinder was loaded with small particles of herbs or minerals and with a boat shaped crusher (pestle) they were reduced to a fine dust. Depending on the final requirements this dust may have then been mixed with an oil or resin to form a coloured paste which would then be applied to the face or body.



Time line 2

10,000 Mesolithic 1000 Neolithic 3000 Iron Age 700 B.C. A.D. Romans 400 Saxons 1000 Medieval 1500 Modern



JET 48 Vol. 30 No. 15
Thursday, April 17, 2003

Brig. Gen. John T. Brennan
48th Fighter Wing commander

Maj. Francisco G. Hamm
Public affairs chief

Master Sgt. Will Ackerman
Public affairs superintendent

JET 48 STAFF

1st Lt. Chris Watt
Deputy chief of public affairs
Chief of internal information

Senior Airman Jeff Hamm
Editor

Senior Airman Lynne Neveu
Staff writer

Tabby Casto
Jet 48 intern

HOW TO REACH US

Submissions

Email: jet.48@lakenheath.af.mil

DSN: (314) 226-2151

Fax: 44+(1638) 525637

Phone: 44+(1638) 525640

Editorial office: Jet 48, Unit 5210 Box 215, APO AE 09461

All correspondence should include the writer's full name, address and telephone number and may be edited for clarity and space.

Deadline for submissions to the Jet 48:

- ☐ Noon Wednesday, ten days prior to publication
- ☐ Noon Monday prior to publication for weekend events with advance notice to editor.

Editorial content is edited, prepared and provided by the public affairs office of the 48th Fighter Wing. All photographs are Air Force photos unless otherwise indicated. The public affairs office reserves the right to edit all material submitted for publication.

48th Fighter Wing Public Affairs

Mail: 48FW/PA, Unit 5210 Box 215, APO AE 09461

Email: 48fw.pa@lakenheath.af.mil

Phone: 44+(1638) 522151

Advertising

For advertising rates and information, call 44+(1428) 609920

The Jet 48 is published by **Forest Publishing (E.A.) Ltd.**, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 48th Fighter Wing. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services overseas. Contents of the Jet 48 are not necessarily the views of, or endorsed by, the U.S. government, the Department of Defense, or the Department of the Air Force. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or Forest Publishing (E.A.) Ltd, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

AT A GLANCE

4 COMMANDER'S FORUM

- ❖ Celebrating our most precious gifts

7-8 NEWS

- ❖ 48th Munitions Squadron supports OIF at RAF Fairford
- ❖ Open season on retirement: Thrift Savings Plan enrollment available now

11 AROUND THE AIR FORCE

- ❖ Humanitarian aid lands in Baghdad
- ❖ Spouse's parking lot encounter a lesson to all



U.S. AIR FORCE

12-13 COVER STORY

- ❖ Tour in Time walk offers a unique perspective on East Anglian history



Photo by Master Sgt. Will Ackerman

14 SPORTS

- ❖ Tae Kwon Do at RAF Lakenheath Youth Center
- ❖ Fitness program director talks about aerobics

17 DISCOVER BRITAIN

- ❖ Opportunities abound for history hounds stationed in England

18-22 COMMUNITY

- ❖ Earth Week offers activities for children, adults
- ❖ Easter services at chapel
- ❖ What's playing? Check out the movie schedules



Photo by Senior Airman Lynne Neveu

ON THE COVER

Cadle Head Mere is one of the nine locations on RAF Lakenheath with Tour in Time panels that describes historical sites on base.
Photo by Master Sgt. Will Ackerman. For story, see Pages 12 and 13.

Celebrating our most precious gifts

BY COL. JOHN SNIDER

48TH FIGHTER WING VICE COMMANDER

A child is one of our most precious gifts in this world, and military children are without a doubt an important part of the Team Liberty family. As we march through April, designated as the Month of the Military Child and Child Abuse Prevention Month, it's an appropriate time for all of us to remind ourselves of our collective responsibility to prevent the abuse and neglect that robs so many of our society's children of their childhood, their sense of security and well-being. It's also a great opportunity to celebrate the uniqueness of the military child as they face the challenges of living overseas.

Throughout the month, the 48th Fighter Wing Family Advocacy staff has sponsored Child Abuse Prevention Month and the Month of the Military Child activities highlighting this year's theme, "Children Today, Leaders Tomorrow." The family advocacy program's staff schedules a variety of classes that cover parenting, child and spouse abuse awareness and reporting, and child self-protection skills to help educate and assist parents. Other services include new parent home visits, parent/child playgroups and single-parents support group. These child professionals work with your family to protect your children and help parents to better understand and perform their role within the family. They do wonderful work and provide a great service to our community.

Although there is help out there, the best step toward prevention is getting involved in your children's lives. Parents can start by being more nurturing and by being available to their children. This teaches children how to be safe.

There are approximately 1 million confirmed cases of child abuse in the United States out of more than 3 million reported cases to child protective service agencies, according to Prevent Child Abuse America, one of the nation's leading child abuse prevention organizations.

By celebrating Child Abuse Prevention Month, we can focus on the protection and care of our most vulnerable and trusting family members. We must all be vigilant and help our parents keep an eye on our children.



Photo by Senior Airman Lynne Neveu

Born March 27, Keira Rudy, daughter of Staff Sgt. Jason Rudy, 48th Civil Engineer Squadron, and Dana Rudy, school-age program coordinator at the RAF Lakenheath Youth Center, joins the ranks of military children associated with RAF Lakenheath. There are nearly 5,000 children in the RAF Lakenheath community.

As parents, we need to ensure we are nurturing. Our children need to know that they are special and loved. Like anything we do, we get better through education and practice. We should be educating ourselves about a child's development process so we can have reasonable expectations about their abilities.

And when life throws extra challenges your way, like they tend to do at RAF Lakenheath, don't be afraid to take a break. Don't take it out on your child. Take a deep breath, turn on some music and know where to get help.

If you do see suspected abuse or neglect, report it. Keeping children safe is the responsibility of every adult in our community.

As parents, caregivers, mentors and friends, together we can make a difference in our children's lives and provide them with an enormous amount of wonderful childhood memories to cherish forever.

ACTION LINE

YOUR LINK TO THE COMMANDER

The Action Line is your direct link to me for complaints, suggestions or comments. It's not intended to replace the chain of command. When normal command agency channels haven't been able to resolve your concerns, call 226-2324, fax 7-5637, e-mail (Action.Line@lakenheath.af.mil), send through distribution (48 FW/PA), mail (48FW/PA, Unit 5210 Box 215 APO AE 09461-0215), or hand carry your Action Line to the public affairs office (Building 1085). You may remain anonymous; however, to receive a reply, please leave your name, unit, duty or home phone number, and full APO mailing address. Names are confidential.


48th Fighter Wing commander

Great big thank you

We are the family members of two active-

duty Air Force members stationed at Incirlik Air Base, Turkey, and we would like to send a huge thank you to a number of base agencies that have provided incredible help to us over the past three weeks. On March 22, we were voluntarily relocated with our children from Turkey, with RAF Lakenheath being our safe haven. At our first opportunity, we contacted the family support center and spoke with Gretchen Shannon, who promised us she would do everything she could to assist us during what was a very stressful and uncertain time. And help us she did.

Her readiness NCO, Tech. Sgt. Gayle Smith, immediately took control and went all out to provide us with absolutely everything we could possibly need during our stay,

however long it will turn out to be. She has been unbelievable – friendly, professional and incredibly competent. Also the folks at finance have made sure we are taken care of financially, helping us with our paperwork and processing our per diem claims quickly. We would also like to thank Tech. Sgt. Samuel Knorr of the 48th Mission Support Squadron, Master Sgt. Jeffrey Thompson at the post office, the staff at the TRICARE Office and the ladies at the library. You have outstanding people in your wing that are a credit to you and the U.S. Air Force. We both feel very lucky to have been able to evacuate to this location, and will be eternally grateful for everything that has been done for us.

Alison Trigg and Michelle Perez

Liberty warriors put munitions tool to test

BY STAFF SGT. KRISTINA BARRETT

457TH AIR EXPEDITIONARY GROUP PUBLIC AFFAIRS

OPERATION IRAQI FREEDOM (AFP) – Airmen from the 48th Munitions Squadron deployed to RAF Fairford in support of Operation Iraqi Freedom are putting a new munitions-tracking program to the wartime test.

The 14 RAF Lakenheath airmen are operating the data control cell of the 5th Expeditionary Maintenance Squadron here implementing the new Command and Control Concept of Operations software, which allows real-time tracking of the number and status of munitions worldwide.

The program was developed for wartime, but Air Force officials had only tested it during Operation Northern Watch, the previous enforcement of the no-fly zone in northern Iraq.

“The concept uses people as ‘shadows’ to get real-time information,” said Tech. Sgt. Michael Hershey, the NCO-in-charge of theater combat ammunition systems operations for U.S. Air Forces in Europe. “Munitions troops call in data as each weapon is received, built and expended.”

Hershey said the airmen from RAF Lakenheath are acting as shadows, tracking munitions and updating the system as events happen. The shadows then call the information back to the data control cell and the information is updated in C2ConOps. The process shows how many weapons are available for missions.

During peacetime, the Air Force uses the Combat Ammunition System-Base to track munitions. CAS-B lists munitions stockpiles Air Force-wide, but data can be days old, said Tech. Sgt. Gary Marsh, munitions data controller deployed from RAF Lakenheath to this forward-deployed location.

During war and other contingency operations, CAS-B is temporarily suspended because it cannot be updated to track munitions instantly, as is needed for wartime operations, he added. Previously, munitions then had to be counted by hand, which tied up people and lowered productivity, Hershey said.

For example, during times of high use of munitions, logistics planners would have to call individual units to get an accurate count of the number and types of munitions the base had before making



Photo by Staff Sgt. Kristina Barrett

Members of the 5th Expeditionary Maintenance Squadron Munitions Flight prepare a load of 2,000 pound MK-84 bombs. Airmen from RAF Lakenheath are manning the munitions data cell, which tracks munitions build-ups and expenditures. The concept was created for wartime operations and has been 100 percent accurate in Operation Iraqi Freedom.

decisions on what weapons to use, Marsh explained.

Now, war planners just access the database and have real-time information. The new system is a Web-based data system that updates information hourly and keeps the CAS-B system accurate, Hershey said.

The concept was first tested in an exercise at the Air Force Combat Ammunition Center at Beale Air Force Base, Calif. It was then used for Operation Northern Watch at Incirlik Air Base, Turkey, where it was 100 percent accurate, Hershey said.

There has never been accurate munitions accountability available to commanders and planners with the time frame there is now, usually within one hour, Marsh said.

“The system has proven itself, and we’re going to try to use it Air Force-wide ... during exercises to train for contingencies and wartime,” Hershey said. “It has been a success for munitions squadrons and war-planners alike.”

TSP gives members a chance to save for retirement

BY SENIOR AIRMAN LYNNE NEVEU

48TH FIGHTER WING PUBLIC AFFAIRS

Civilian and military members can sign up for or change current Thrift Savings Plan accounts during open season now to June 30.

“For anyone who has trouble saving, (the Thrift Savings Plan) is a great tool,” said Laurie Gharis, 48th Fighter Wing Family Support Center information and referral specialist. “It’s not liquid, so you can’t get to it easily and contributions can be automatically deducted, pre-tax, from basic pay.”

Any percentage or dollar amount may be contributed, up to eight percent for military and those contributing to the Civil Service Retirement System. Individuals who contribute to the Federal Employees’ Retirement System may contribute up to 13 percent of basic pay in 2003.

“We recommend having a percentage of the

individual’s paycheck taken out, instead of a set dollar amount,” said Gharis. “This will allow the contributions to keep up with promotions and annual pay raises. You won’t miss the money.”

The contribution limit will increase by 1 percent in December of each year until December 2005, when contributions will be limited only by the elective deferral amount, which increases by \$1,000 annually to \$15,000 in 2006. All or any whole percentage of any incentive or special pay may also be contributed, including re-enlistment or other bonuses you received. The total amount contributed each year cannot exceed the Internal Revenue Code’s elective deferral limit for the year, according to the TSP Web site.

“Start contributing as soon as possible,” said Gharis. “It makes a big difference with the compounding interest. For example, a 19 year old who saves \$2,000 a year for seven years at an average of 10 percent interest will have

\$930,641 at age 62. In contrast, a 26 year old who saves \$2,000 a year for forty years, at an average of 10 percent interest, will earn \$893,704 by age 62.”

According to the TSP Web site, military members can enroll through the Defense Finance and Accounting Service Web site at www.dfas.mil/emss/. They can also enroll by filling out a form TSP-U-1 at the RAF Lakenheath Finance Office and Family Support center. The account is automatically set up as a Government Securities Investment Fund, unless another fund is specified.

Specific information is available for civilian employees from the Thrift Savings Web site at www.tsp.gov and for Air Force military personnel at www.afpc.randolph.af.mil/mpf/TSP/thrift_savings_plan.



50 years of news

On Jan. 13, 1965, the 150-bed 48th Tactical Fighter Wing Hospital opened. Construction had been delayed by more than two years because of budget restrictions. The final cost of construction was \$1.1 million.

Liberty Warrior

Hometown: Poulsbo, Wash.

Time in service: Five years

Time on station: One year

Role in mission: F-15E Dedicated crew chief

Hobbies: Snowboarding and drag racing

Favorite movie: "Gone in 60 Seconds"

How do you contribute to the wing mission? I turn non-mission-capable jets into mission-ready jets as fast as safety and the technical order allows.

What does the Air and Space Expeditionary Force concept mean to you? Teamwork

What do you like best about the Air Force? I am in England, and I go places all of the time while protecting my country.

If you could change one thing about the Air Force, what would it be? Getting paid for overtime

What do you like most about being in the United Kingdom? The country is beautiful.

How would you improve life at RAF Lakenheath? Life in general is fine

How do you fulfill core values? Follow them as they are written

What's the most exciting experience you've had in the Air Force? There are too many to list

What was the last book you read?

The engine run technical order

Who is your favorite leader in history and why? (Army)

Gen. George S. Patton Jr.

If you could live in any period of time, when would it be?

When I was a kid, I always

wanted to live during the Civil War.

What is your philosophy of life? To live and earn an honest living, and to be a good role model

What's your favorite region of the United States? The upper Northwest

Where do you see yourself in 10 years? I have no clue. I don't even want to think about being that old.

What do you want your children to be when they grow up? Smarter than me

What is your greatest achievement? Joining the Air Force

Who is your role model and why?

My dad, because he works hard and is honest.



Senior Airman
Kevin Buehrer
492nd Fighter Squadron
Aircraft Maintenance Unit

Humanitarian flight lands at Baghdad

BY STAFF SGT. A.J. BOSKER

AIR FORCE PRINT NEWS

WASHINGTON — Although combat continues in a number of areas in Iraq, coalition efforts to increase humanitarian assistance are becoming more important, according to U.S. Central Command officials.

“Last night, the first humanitarian-focused flight went into Baghdad International Airport,” said Army Brig. Gen. Vincent Brooks, CENTCOM deputy operations officer, in a press briefing at the command’s forward headquarters in Qatar Saturday.

The flight consisted of two coalition aircraft delivering four pallets of food, water and medical supplies provided by the Kuwaiti government and the International Red Crescent, Brooks said.

“We view this as a very important step and one which will be followed by many more in the days and weeks ahead,” he said.

According to Brooks, coalition humanitarian relief efforts continue to overcome difficult conditions in areas without adequate power or that have been ignored by the Iraqi regime.

Fresh water remains a challenge, and coalition forces are striving to meet this important and basic need, he said.

“Coalition forces continue to use military water purification equipment to make fresh water and then move that (purified water) using military resources (to the free Iraqi people),” he said.

Humanitarian-assistance supplies are also regularly arriving in the region by ship as more and more countries make contributions, he said. Efforts to put as much of the existing infrastructure back into use are also ongoing.

“The coalition plan for combat operations deliberately avoided (targeting) infrastructure to ensure it would be ready for use as quickly as possible,” Brooks said.

Besides the humanitarian-assistance shipments, coalition forces are also redistributing supplies that have been captured from the Iraqi regime.

Brooks cautioned that there is still much work to be done in both military and humanitarian assistance operations.

“However, the coalition remains committed to completing the removal of the regime while also transitioning to an effort focused on the needs of the Iraqi people,” he said.



Photo by Staff Sgt. Shane A. Cuomo

Over there

OPERATION IRAQI FREEDOM — Pararescuemen from the 301st Rescue Squadron talk with a member of the 101st Airborne Division April 6 at a forward-deployed location in Iraq. Air Force pararescuemen, also known as PJs, are the only Department of Defense specialty specifically trained and equipped to conduct conventional or unconventional rescue operations. (U.S. Air Force)

Spitting incident reminds airmen of everyday threat

BY STAFF SGT. J. LAVOIE

56TH FIGHTER WING PUBLIC AFFAIRS

LUKE AIR FORCE BASE, Ariz. (AFPN) — The wife of a military member here received an unexpected message recently from an anti-war protester.

Jessica Resendez, who was wearing a sweatsuit printed with an Air Force emblem, was walking through a shopping center parking lot when a woman grabbed her sleeve and asked her if she was in the military.

After explaining that she was the wife of an airman, the woman spat at the ground near Resendez’s feet and said, “This is what I think of your military.”

“She was looking at me with the most hate I’ve ever seen,” Resendez said. “I looked at her and said ‘How dare you.’ It was all I could say. I walked back to my car and cried.”

Airmen need to be prepared for these incidents, especially when wearing their uniform or clothing printed with Air Force symbols in public, according to an Air Force Office of Special Investigations agent here.

“With current world events, varying views of the public and higher stress levels, one should always be cautious and vigilant of their surroundings,” said Special Agent William Pillai, acting commander of Air Force OSI Detachment 421.

People confronted with a similar situation should walk away, Pillai said. Do not argue with the individual or allow the situation to become violent.

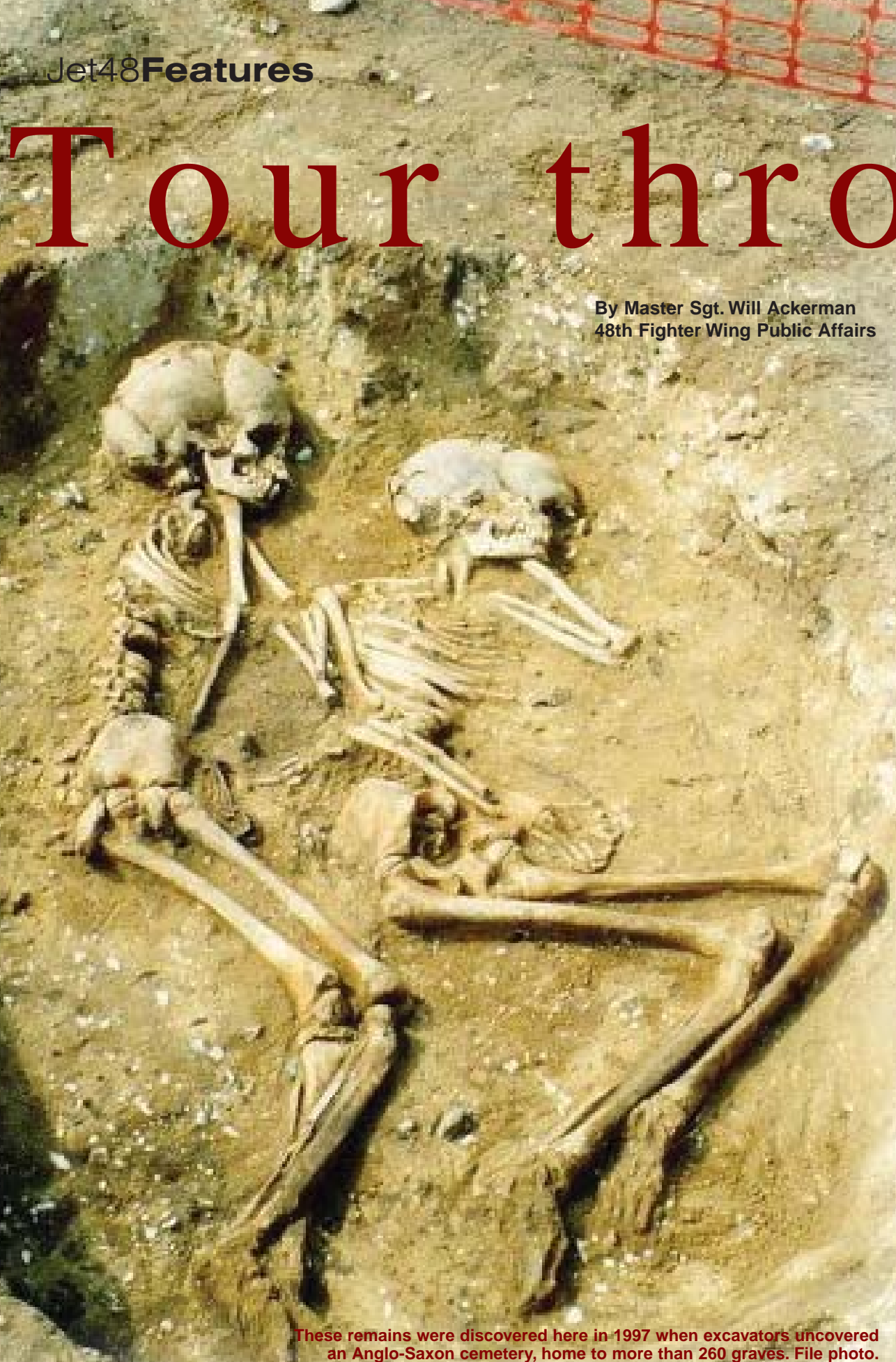
Despite the incident, Resendez continues to wear her Air Force T-shirts in public.

“I’m proud that I’m part of this family ... even if people want to spit at me,” she said.

(Courtesy of AETC News Service)

Tour through time

By Master Sgt. Will Ackerman
48th Fighter Wing Public Affairs



These remains were discovered here in 1997 when excavators uncovered an Anglo-Saxon cemetery, home to more than 260 graves. File photo.

RAF Lakenheath attracts modern airmen warriors from across the United States whose mission is to launch F-15C Eagles and F-15E Strike Eagles. But long before today's airmen worked and lived here, Saxon and Roman warriors came here to live and defend their settlements.



Photo by Master Sgt. Will Ackerman

Jackie Rose, 48th Fighter Wing Command Section, and Sal Davidson, 48th FW Community Relations Advisor, stop at a Tour in Time panel at Peacekeeper Park. The panel is one of nine on the self-paced tour where people can learn about the area's history on RAF Lakenheath.

For nearly 10,000 years, the picturesque pond at Peacekeeper Park, also known by its Saxon name of Caudle Head Mere, was a fresh water source for ancient settlers. Consequently, the life-giving water was a basic subsistence source that attracted people across the ages to the area that is today RAF Lakenheath.

Although people here today don't see visible signs of these ancient people, a walking tour here called "Tour in Time" provides a link between today's RAF Lakenheath occupants and yesterday's people.

The tour, which starts at Peacekeeper Park near the post office, takes about 90 minutes and comprises nine metal panels, each depicting a different aspect of the history of the local area. The panels include information about cultural legacies, weaponry, industry, settlements and medicine.

The base is an area of significant interest because it provides archeologists many undisturbed Saxon and Roman burial sites and artifacts.

"As an archeological site, (RAF Lakenheath) has been very well preserved," said Jo Caruth, Suffolk County Council archeologist. "Unlike surrounding farmland, the base has not been plowed. If it had been plowed, we would have lost at least a foot of soil off the top." This is important because most archeological artifacts are about 15 inches deep. But buildings built here for World War II

were put on concrete slabs and only extend about 9 inches deep.

Caruth said although archeologists have a "pretty good idea where archeological sites are on base" from previous excavations and studying history, the extensive construction to replace World War-era structures here in recent years provides an opportunity to excavate and study well-preserved artifacts.

One of the most significant finds occurred during the excavation of a softball field in 1997 where Dormitory 917 now stands. Although routine procedures for construction on base include having a Suffolk archeologist join the construction crew while they bulldoze the top layer of soil to identify occasional burials found here, this dig produced an Anglo-Saxon cemetery. Eventually, 261 graves were found here and 17 cremations.

But the jewel of archeological discoveries here was an Anglo-Saxon warrior and his horse found during this dig, a very rare find, according to Caruth. It was only the fifth of its kind found in East Anglia, said John Newman, a Suffolk County archeology service representative, in a Dec. 5, 1997, Jet 48 story. What's more, they were buried together, which was common in Europe but not in England. Parts of their skeletons were on display at London's British Museum until recently. They are to be part of an exhibit at Kentucky's Horse Park opening in

August. Visit www.kyhorsepark.com/khp/gallery/queen-shorses.asp for details.

Although this excavation produced the largest single grouping of burials on base, other graves were found here from the Saxon period, which spans the fifth to 11th centuries, and from Roman times, which dates from the first to fourth centuries. The total burials found to date on base is 469, said Malcom Buxton, 48th Civil Engineer Squadron Environmental Manager.

The tour panels don't detail burial sites or numbers; they do provide a glimpse into the past and how people lived here. A panel near the Lakenheath High School football field describes how ancient seas that covered the British Isles left huge chalk deposits, some more than 100 feet thick. Anyone who's dug about 18 inches into his or her garden here could attest to the chalk's thickness.

Today 48th Fighter Wing pilots fly the powerful F-15s. But panel three at Peacekeeper Park, which faces toward 48 FW modern day aircraft – an F-4D, F-111, and F-15C – at Wings of Liberty Park, describes weapons used by ancient warriors. Weapons include Neolithic arrow points found near the pond, to iron swords, spears and shields found in an early Saxon site near the hospital, to more than 300 Celtic and Roman coins dating to A.D. 61 found in 1972 near Gate 2 at Lords Walk.

Caruth said RAF Lakenheath provides a "complete picture of the entire area" because the base sites are well preserved, and archeologists get to see "bits or large areas" of all the building sites on base. To learn more about Suffolk's archeological history, visit the county's Web site at www.suffolkcc.gov.uk/e-and-t/archaeology/index.html.

Much of the archeologists' success here is because U.S. Air Force, Ministry of Defence, and Defence Estates – who manage base construction – incorporate archeologists into the construction planning, Caruth said.

Although many items found are not "properly examined yet" due to the volume of items Suffolk's archeologists found in recent years, people can view items from base sites in display cases in the 48 FW headquarters main hallway. Items found in the early 20th century are at Moyes Hall Museum in Bury St. Edmunds.

To see how people might have lived here, The West Stow Country Park and Anglo-Saxon Village recreates realistic portrayals of how people lived during Saxon times. The park is on the A1101, heading toward Bury St. Edmunds, just past Icklingham. For information, call its visitors center at (01284) 728718.

To take the Tour in Time here, stop by the CE Environmental office in Building 1150 to obtain a guidebook, or take an A-4 size piece of white paper to panel one at Peacekeeper Park or the Eagle's Landing entranceway and use a pencil or like item to produce a brass rubbing of the tour's route. All the panels can be rubbed with paper and pencil to produce souvenirs. For more information, call Buxton at 226-3990.

Although the tour describes British history here, it also links to America's roots. "The original American settlers came from the United Kingdom. It's not just British history; it's human history" said Tech. Sgt. Greg Henneman, 48 FW Historian.

So as you walk around the base and think about the history Liberty Warriors are making in today's modern Air Force, think about the ancient British warriors who walked these same steps over the centuries who made history and Britain what it is today.

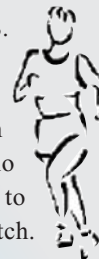
SPORTS SHORTS

Fast lanes bowling

The Fast Lanes Bowling program has been canceled.

Air Force marathon registration

The registration deadline is Sept. 4 for the 2003 U.S. Air Force Marathon scheduled for Sept. 20 at Wright Patterson Air Force Base, Ohio. A reduced fee for early registration is available until June 30. A 5K fun run and a half marathon have been added. There will no longer be a marathon team category. It is open to civilians and military. Runners receive a T-shirt and patch. Participants who finish the marathon within eight hours receive a medallion.



Women's volleyball

RAF Lakenheath women's varsity volleyball meets 2 to 5 p.m. Sundays in the fitness center for open play. Anyone who is interested may show up.



Operation Night Hoops

Operation Night Hoops basketball league runs through Aug. 22. Participation is open to boys and girls age 12 to 18 years at \$25 per player. Volunteer coaches receive training on how to talk to players about drugs, alcohol and tobacco in order to convey anti-drug, alcohol and tobacco messages throughout the season. Mandatory workshops are conducted prior to or after designated games.



Photo by Senior Airman Lynne Neveu

Allen Anderson, 7, practices his shinai skills against student instructor Katrina Hesselbrock, during a Tae Kwon Do class Saturday. The RAF Lakenheath Youth Center offers beginners and advanced Tae Kwon Do classes at 1 p.m. and 3 p.m., respectively, Saturdays. The center also sponsors soccer teams, gymnastics and an upcoming high school boys baseball team.

STRIDE INTO AEROBICS THE RIGHT WAY

BY LORRAINE BOTWRIGHT

FITNESS AND SPORTS CENTER, FITNESS
PROGRAM DIRECTOR

Aerobic exercise is the conditioning of the heart and lungs to improve the efficiency of the heart and oxygen transportation, which enables the body to use oxygen more efficiently.

Exercise alone cannot prevent or cure heart disease; it is only one factor in a total program of risk reduction; examples of other factors are high blood pressure, cigarette smoking and high cholesterol level. In addition to cardiovascular benefits, other benefits of aerobic exercise include:

- Control of body fat (Aerobic exercise in conjunction with strength training and a proper diet will reduce body fat.);
- Increased resistance to fatigue and extra energy;
- Toned muscles and increased lean body mass;
- Decreased tension and aid in sleeping;
- Increased general stamina;
- Psychological benefits; exercise improves mood, reduces depression and anxiety.

Aerobics is continuous movement using large muscle groups, rhythmically, for 20 to 60 minutes while maintaining a target heart rate of 60 to 90 percent (healthy individual) of your maximum heart rate, (220 - your age). Aerobic activities include walking, biking, jogging, swimming, aerobic classes and cardiovascular machines.

Anaerobic activity is discontinuous or interval by nature and high in intensity. Anaerobic activities include racquetball, basketball, weightlifting, sprinting, softball, soccer and football.

Aerobic means with oxygen. You should be able to carry on a short conversation while doing aerobic exercise. If you are gasping for air while talking, you are probably working anaerobically. When you work anaerobically, you will fatigue faster and are more likely to experience sore muscles after exercise is over.

Work at your own pace and listen to your body. If you feel stressed, tired or unwell, your body reacts differently. The goal when exercising aerobically is to hit your target heart rate and maintain it for the entire exercise session. This works the heart muscle more effectively and

burns more calories. Think of riding a bike, running or swimming - you start, hit your pace (or target zone), then you maintain your pace until the cool down. As your heart becomes conditioned, you will have to work harder to reach the target zone. Less conditioned athletes will reach their target zones quickly because their heart muscles aren't used to the workload.

Cardiovascular fitness is an ongoing process and requires consistent reinforcement. To maintain your current level of fitness you should do aerobic exercise at least three times a week. To increase your level of fitness, try exercising four to five times per week.

In an aerobic class, you can do moves in low intensity or high intensity. The level of intensity depends upon movement and size of muscles involved. Larger movements normally relate to higher intensity and smaller movements to lower intensity. Instructors demonstrate moves in high and low intensity. Participants should choose their own level of intensity dependent upon fitness level and how frequently they exercise.



Discover Britain

By Sal Davidson – Community Relations Adviser



Waking homes and Easter events

Easter weekend is traditionally the time when many of our historic homes are “woken up” from their winter’s rest and open their doors to the public. The reverse happens in autumn when the houses are “put to sleep” for the winter; this is when much of the restoration work takes place. Easter falls late this year, so some places have already been opened to the public.

Two organisations at the forefront of the care and maintenance of our heritage are the National Trust and English Heritage. By joining one (or both) of these organisations, you will gain free access to a number of historic houses and sites in their care.

National Trust

The National Trust was founded in 1895 by three people who saw an increasing threat to the countryside and historic buildings of England, Wales and Northern Ireland. One was a social worker of vision known for her pioneering work in housing reform, one a solicitor and the third someone who lived in and loved the Lake District. The National Trust was formed as a public company not trading for profit, with powers to acquire and preserve historic places. The first property was the gift of 4.5 acres of cliff land in North Wales. The second was the purchase, for just £10, of the 14th century timber-framed Clergy House at Alfriston, East Sussex.

From its creation until the 1930s, the National Trust grew steadily and acquired properties, coastline and countryside with money from legacies, gifts and public subscription. Today, the National Trust is the country’s largest private landowner. Its properties include gardens, villages and hamlets, farms and woodland, wind and water mills, prehistoric and Roman antiquities and nature reserves.

Properties and sites in East Anglia include Wicken Fen (Ely, Cambridgeshire); Anglesey Abbey and Gardens (Lode, Cambridgeshire); Wimpole Hall Estate (North Royston, Herts); Blickling Hall (North Norwich, Norfolk and

the Eastern Regional Office of the National Trust), plus many others. In addition to historic houses, many venues have outdoor classical music evenings and other musical events in the summer months.

You can join the National Trust online at www.nationaltrust.org.uk or call the membership department on (0870) 458 4000 between 9 a.m. and 5:30 p.m. Mondays to Fridays or 9 a.m. and 4 p.m. weekends and bank holidays.

English Heritage

English Heritage is a much younger organisation than the National Trust, coming into being in 1984 with statutory responsibility for the conservation of the built heritage in the country. English Heritage is the government’s official adviser on all matters concerning conservation of the historic environment, and is the major source of public funding for rescue archaeology, conservation and repairs to historic buildings, areas and ancient monuments. Working in partnership with property owners, local authorities, the government and the public, English Heritage is committed to the protection of our heritage.

Among the sites cared for by English Heritage are the famous circle of stones at Stonehenge and Old Sarum (Wiltshire); Audley End House and Gardens (Essex); Castle Acre Priory (Norfolk), Framlingham Castle and Orford Castle Keep (East Suffolk) and the old flint mines at Grimes Graves in Norfolk, just a few miles north of RAF Lakenheath. English Heritage also offers musical events in the summer months. There are also medieval jousts, battle re-enactments and other activities throughout the months of opening.

You can join online at www.english-heritage.org.uk or call (0870) 3331182.

Other historic sites

In addition to National Trust and English Heritage properties, there are many other castles, stately homes and monuments open to the public. For example, Britain’s most visited

castle at Warwick (www.warwickcastle.com); Leeds Castle (www.leeds-castle.co.uk) and Hever Castle (www.hevercastle.co.uk) in Kent; Hampton Court (www.hrp.org) and many others. Most will have events scheduled over the Easter weekend.

Good Friday and Easter Monday are British bank holidays, so all public buildings, such as post offices, are closed.

Events close to home

There are some Easter events close to here that may be fun for the children. There is an Easter egg hunt at the Ancient House Museum in Thetford Friday to 20 for children ages 5 to 13 years. Times for the event on each day are 10:30 a.m. to 12:30 p.m. and 1 to 5 p.m.

The Bury Easter Egg Quiz is Friday to April 25, £1 per sheet, available from the Tourist Information Centre, Angel Hill, Bury St. Edmunds, (01284) 764667. Follow the clues and the answers around the Abbey Gardens; each of the completed sheets wins a prize.

Ickworth House has an Easter trail Sunday and Monday from 1 a.m. to 4 p.m. The cost is £2 per child plus the normal park admission cost; adults are free with the normal park admission. Children must be accompanied by an adult.

Warning - horses on the road

Now that the weather is improving and the daylight is getting longer, it will be more common to see horses and their riders out on our roads. Please be aware that because of how narrow our roads are, these are potential hazards whilst driving. If you do see riders out, then please abide by the following:

- * Reduce your speed;
- * Do not rev your engine;
- * Do not sound your horn;
- * Once the road is clear for you to overtake, do so slowly so as not to distress the horse. Ensure you give the horse plenty of room whilst manoeuvring.

Courtesy photo

(Background) Warwick Castle, Britain’s most visited castle.

For more information on living in Britain, look in the British community information public folder, or call Sal Davidson, community relations adviser, at 226-3145, or e-mail sal.davidson@lakenheath.af.mil.



Earth Week volunteer opportunities

The Liberty Wing will celebrate Earth Week starting Monday through April 27. The following events still need volunteers. For more information, the point of contact and phone number are listed with each event.

Monday to April 25, Tours of wastewater treatment plant

Monday to April 25, Child development center story time

Monday to April 25, Free emissions check with engine tune-ups

Monday to April 25, Home school participation

Monday to April 26, Bike special – 10 percent off purchases

Tuesday, Green wheel day

Tuesday, Bowlathon



Tuesday to April 25, Recycling center volunteers

Thursday, Tree plantin

Thursday to April 25, Environmental agency trailer

April 26, Face painting

April 26, Red Lodge Nature Reserve project

April 26, Lakenheath Warren cleanup

April 26, West Stow Country Park project

April 27, Lizard project

Other events are also scheduled during the week for classes from the Department of Defense Dependent Schools.



File photos



Briefs

Family day

Friday is a family day for RAF Lakenheath members. Wing leadership encourages civilians to use liberal leave. Check with your unit for details.

Veterans Affairs community briefing

Family support presents a Veterans Affairs community brief from 9 to 11 a.m. Tuesday at the base chapel. To register, call family support center at 226-3847.

RAF Mildenhall Commissary

The RAF Mildenhall commissary opens at 10 a.m. April 24. Its hours will be 10 a.m. to 7 p.m. Mondays through Saturdays, and closed Sundays.

Housing office closure

The housing management office is closed through Monday. The office opens at 10 a.m. Tuesday.

CHAPEL SERVICE SCHEDULE

Easter Services Catholic

GOOD FRIDAY

- ☐ Liturgy – 6 p.m.
- ☐ Songs from Jesus Christ Superstar and Eucharistic Vigil until 7:30 p.m. to Midnight
- ☐ Daily Mass – 11:30 a.m. Monday, Tuesday, Thursday and Friday
- ☐ Communion Service – 11:30 a.m. Wednesday

EASTER VIGIL

- ☐ Mass – 6 p.m.
- EASTER SUNDAY
- ☐ Mass – 9:30 a.m.
- ☐ Mass (RAF Feltwell) – 11:30 a.m.

Protestant

GOOD FRIDAY

- ☐ Service – 2 p.m.
- ☐ Higher Ground Service – 7 p.m.

EASTER SUNDAY

- ☐ Sunrise Service at Liberty Circle, followed by breakfast at the chapel – 6:30 a.m.
- ☐ Gospel service – 8 a.m.
- ☐ Protestant service (RAF Feltwell) – 10 a.m.
- ☐ General service – 11 a.m.
- ☐ Contemporary service – 6 p.m.

Earth week volunteer opportunities

Volunteers are needed Monday through April 26 for the following activities: environmental agency information trailer, landscaping of Red Lodge Nature Reserve, Lakenheath Warren cleanup, West Stow Country Park project, face painting at the base exchange, sorting at the recycling center and storytelling at the child development center.

Events

Retiree appreciation day

Retiree appreciation day is April 24 and 25 at the Eagles' Landing. All retirees, widows and divorcees may attend.

Easter egg hunt

Stars of Great Britain hosts an Easter egg hunt from noon to 1 p.m. for children ages 5 to 8 years and 1 to 2 p.m. for children ages 9 to 12 years Saturday at RAF Mildenhall Ford Park. Two \$50 U.S. savings bonds will be awarded. Free hot dogs, chips, candy and soda are available for children.

Youth

Poster and essay contest

The family support center sponsors an essay contest and poster competition for students. The topic is "Why military children are special." Entry deadline is 4 p.m. Friday at the RAF Lakenheath or RAF Mildenhall Family Support Center.

Classes

Family support center

The family support center offers the following classes:

Monday

11 a.m. – Mandatory pre-separation briefing

Wednesday

1:30 p.m. – Job interviewing seminar

6 p.m. – Bereavement support group

Friday

11 a.m. – Annual volunteer appreciation lunch

8:45 a.m. – Newcomers' bus tour

Professional development classes

The RAF Lakenheath Professional Development Center offers the following courses:

Tuesday – Mentoring, 8 to 11 a.m.

Wednesday – Time management, 8 to 10 a.m.

April 24 – Enlisted performance report writing, 8 to 11 a.m.

MOVIES

RAF Lakenheath 226-2139

Friday

6:30 p.m., The Core, PG-13, starring Aaron Eckart and Hilary Swank. Dr. Josh Keyes, geophysicist, discovers that an unknown force has caused the Earth's inner core to stop rotating. With the planet's magnetic field rapidly deteriorating, the Earth's atmosphere literally starts to come apart at the seams with catastrophic consequences. Keyes, along with a team of the world's most gifted scientists, travels into the Earth's core.

9:30 p.m., The Core, PG-13

Saturday

2:30 p.m., Lord of the Rings: The Two Towers, PG-13, starring Elijah Wood and Sean Astin. The second in the Tolkien trilogy.

6:30 p.m., The Core, PG-13

9:30 p.m., Darkness Falls, R, starring Chaney Kley and Emma Caulfield. Kyle Walsh must return home to confront his troubled past and save his childhood sweetheart, Caitlin, and her younger brother Michael from an evil that has plagued the town of Darkness Falls.

Sunday

4:00 p.m., Treasure Planet, PG, animated. Jim Hawkins joins the crew of an intergalactic expedition as cabin boy aboard a glittering space galleon. Befriended by the ship's cook, a charismatic cyborg named John Silver, Jim blossoms under his guidance and shows the makings of a fine spacer as he and the alien crew battle supernovas.

6:30 p.m., The Core, PG-13

Monday

6:30 p.m., Confessions of a Dangerous Mind, R, starring Sam Rockwell and Julia Roberts. Chuck Barris, Gong Show host and creator of The Newlywed Game and The Dating Game, was recruited by the CIA and trained to become a covert operative. As he basks in the glamour of two worlds, his life begins to spiral out of control.

Tuesday

6:30 p.m., Narc, R, starring Jason Patric and Ray Liotta. A narcotics cop, who happens to be a recovering drug addict, is assigned to help uncover the truth behind the murder of a young officer. He teams up with the dead officer's partner and the cover-up they unravel could destroy them both.

Wednesday

6:30 p.m., Darkness Falls, R

April 24

6:30 p.m., Confessions of a Dangerous Mind, R

RAF Mildenhall 238-2351

Friday

6:30 p.m., What a Girl Wants, starring Amanda Bynes, Colin Firth and Kelly Preston. The story of a 19-year-old girl who has been raised in New York City by her mother, a professional singer, and decides she wants to find her long-lost British father, who is part of a very hoity-toity British aristocratic social circle in London. Once she gets there, it doesn't take long before her hip American lifestyle disrupts his entire life. Can she find a balance in the relationship between her two parents, find her own piece of mind, and along the way, possibly fall in love as well. Does she have a chance at being the debutante of the year?

9:30 p.m., Final Destination 2, R, starring Ali Larter and A.J. Cook. Kimberly watches helplessly as a logging truck careens out of control and loses its deadly payload, setting off a horrifying chain reaction. A moment later, she finds herself still stuck in on-ramp traffic with a line of commuters she saw die moments before trailing behind her. It was only a vision. But was it also a warning?

Saturday

6:30 p.m., What a Girl Wants, PG

9:30 p.m., Final Destination 2, R

Sunday

1:30 p.m., Kangaroo Jack, PG, starring Jerry O'Connell and Anthony Anderson. Two friends from Brooklyn are forced to deliver mob money to Australia. When one of them places his red jacket on a kangaroo and the kangaroo bounces off, they realize the mob money is in the jacket and are forced to give chase through the Outback.

4:00 p.m., What a Girl Wants, PG

6:30 p.m., Final Destination 2, R

Monday

6:30 p.m., National Security, PG-13, starring Martin Lawrence and Steve Zahn. Earl and Hank have only one thing in common. They're both L.A.P.D. rejects. As lowly security guards, they uncover a sophisticated smuggling operation. These two unlikely partners just might save the day.

Tuesday

6:30 p.m., A Guy Thing, PG-13, starring Jason Lee and Julia Stiles. Paul tells a teensy lie, which turns into a bigger lie. From his bachelor party to the wedding, soon his lies are spiraling out of control. It's amazing how much can change because of one little thing.

Wednesday

6:30 p.m., Antwone Fisher, PG-13, starring Derek Luke and Denzel Washington. Antwone is ordered to see a Navy psychiatrist to learn to control the anger impulses that cause him to fight with shipmates. His therapy inspires him to seek out the family that abandoned him as a child.

April 24

6:30 p.m., Final Destination 2, R